

Quarantine Tracker

COUNTING THE DAYS*						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Date of Last Contact	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	Leave Quarantine	

For 10-day quarantine: date of last contact with an infectious person is Day 0, then count 10 days. On Day 11, you are released from quarantine and can return to school, work etc.

People who cannot wear a mask or socially distance, must quarantine for a full 14 days.

*This chart is meant for reference purposes only. Our contact tracing team may recommend a different quarantine period based on individual circumstances.